

WHAT IS CLAIMED IS:

- 1) A carrying bag accessory, the bag having a bottom, comprised of:
 - a foldable mat attached to the carrying bag;
 - retainers for holding said mat in a retained folded configuration;
 - wherein said mat is adapted to be unfolded to provide a first surface upon which a user may stand or place articles to be protected from contaminated surfaces and a second surface for lying on the contaminated surfaces.
- 2) A carrying bag accessory according to claim 1, wherein said foldable mat is adapted to be folded so as to prevent cross-contamination of said first surface with a soiled second surface.
- 3) A carrying bag accessory according to claim 1, wherein said foldable mat is externally attached under the carrying bag to allow more usable internal space within the bag.
- 4) A carrying bag accessory according to claim 1, wherein said foldable mat is comprised of a first, second, and third panel, wherein said first panel is attached to the bottom of the carrying bag, said second panel is hingeably attached to said first panel, and wherein said third panel is hingeably attached to said second panel, and wherein said panels are detachably retained by magnets when in the folded state and wherein said foldable mat is adapted to be folded so as to prevent cross-contamination of said first surface with a soiled second surface.
- 5) A sanitary mat for use with a bag having a bottom portion, comprising:
 - a mat attached to the bottom portion of the bag;
 - wherein said mat is in a retracted state under the bottom portion of the bag;
 - wherein said mat is adapted so that at least a portion of said mat can be detracted from the bottom portion of the bag to a position adjacent the bag for use;

wherein said mat has a bottom portion for resting on a floor; and

wherein said mat has a top portion for standing or placing articles on.

6) A sanitary mat according to claim 5, wherein said mat is further comprised of:

a first panel portion attached to the bottom portion of the bag having a first side and a second side;

a second panel portion attached to said first panel portion having a first side and a second side;

a third panel portion attached to said second panel portion having a first side and a second side.

7) A sanitary mat according to claim 6, wherein said first panel portion is hingeably attached to said second panel portion and said second panel portion is hingeably attached to said third panel portion.

8) A sanitary mat according to claim 6, wherein in said retracted state, said first, second and third panel portions are stacked on top of each other under the bottom portion of the bag.

9) A sanitary mat according to claim 6 wherein in said detracted state said second and third panel portions are adjacent the bottom portion of the bag and adapted to lay flat on a floor surface.

10) A sanitary mat according to claim 6, wherein in said retracted state, said first, second and third panel portions are detachably attached with magnets.

11) A sanitary mat according to claim 6, further comprising a tab portion attached to a length of said third panel portion, said tab portion adapted to be grabbed or stepped on.

12) A sanitary mat according to claim 5, wherein said bottom portion of said mat does not cross-contaminate said top portion of said mat in either said retracted or detracted states.

13) A carrying bag accessory, the bag having a bottom, comprised of:

a foldable mat attached to the carrying bag;

retainers for holding said mat in a retained folded configuration;

wherein said mat is adapted to be unfolded to provide a first surface upon which a user may stand or place articles to be protected from contaminated surfaces and a second surface for lying on the contaminated surfaces;

wherein said foldable mat is comprised of a first, second, and third panel, wherein said first panel is attached to the carrying bag, said second panel is hingeably attached to said first panel, and wherein said third panel is hingeably attached to said second panel, and wherein said panels are detachably retained by magnets when in the folded state and wherein said foldable mat is adapted to be folded so as to prevent cross-contamination of said first surface with a soiled second surface.

14) A carrying bag accessory according to claim 13, wherein said foldable mat is externally attached under the carrying bag to allow more usable internal space within the bag.

15) A carrying bag accessory according to claim 13, wherein said mat is removably attached to the bag.

16) A carrying bag accessory according to claim 13, wherein said mat is of a single-piece construction.

17) A carrying bag accessory according to claim 13, wherein said mat is attached to the bottom exterior of the bag.